



Advanced Diploma of Yoga Teaching – Lecture Timetable February 2024 Group – 350 hours - Thursday

Lectures held face-to-face in the studio. Zoom by request only.

Wear comfortable clothing as we sit on the floor. Bring your own equipment if you like, otherwise all equipment is available in the studio.

Induction: Thur 8th Feb 2024 10:30am-12:30pm (Zoom only)

Date Thurs	Lecture 10am-2:30pm	Teacher	Notes to read?	Assessment? Due Date
15/2	Nervous & Endocrine Systems	Mel	Y	N
22/2	Intro to Surya Namaskar	Nickie	Y	N
29/2	Class Plan: Back Bending	Wendy	Y	Y 17 March 24
7/3	Youth Yoga	Beata	Y	N
14/3	Prenatal Yoga	Mel	Y	Y 14 April 24
21/3	Muscles Lower Limbs	Jenni	Y – slides	N
28/3	Muscles Middle Body	Jenni	Y – slides	N
4/4	DAY OFF – EASTER BREAK			
11/4	Savasana	Wendy	Y	N
18/4	Class Plan: Twisting Postures & Lateral Flexion	Wendy	Y	Y 5 May 24
25/4	DAY OFF - ANZAC DAY			
2/5	Meditation	Wendy	Y	Y (after Mindfulness lecture) 16 June 24
9/5	Essentials Pranayama	Jenni	Y – same slides for both pranayama lectures	N
16/5	Techniques of Pranayama	Jenni	Y – as above	Y 26 May 24
23/5	Mindfulness Meditation	Beata	Y	Y 16 June 24
30/5	Teaching Skills Practice	Jenni	N – you will be assigned poses to teach the class Y – slides	Y
6/6	Cardiovascular System & High Blood Pressure	Mel	Y	N
13/6	Class Plan: Inversions	Jenni	Y	Y 30 June 24



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20/6	PRAC LAB: Inversions (NB: No Zoom available for this lecture for safety reasons)	Jenni	N – practical lecture	N
27/6	PRAC LAB: Designing & Sequencing the Yoga Class #1	Nickie	Y	N
4/7	PRAC LAB: Designing & Sequencing the Yoga Class #2	Nickie	Y – same set of notes for both lectures	N
11/7	DAY OFF – MID YEAR BREAK			
18/7	Teaching Skills Practice	Mel	N – you will be assigned poses to teach the class	Y
18/7	FINAL DAY JULY 2023 INTAKE			
July 23 Group	ASSESSMENT DUE Teaching Rounds (outside of lecture time) Presentations x 5 Participation x 5			21 July 24
July 23 Group	ASSESSMENT DUE Class Observations x 20			21 July 24
July 23 Group	ASSESSMENT DUE ALL outstanding assignments handed in (or not marked)			21 July 24
July 23 Group	ATTENDACE REQUIRED Must have attended the Ethics lecture during the year or in 2023			21 July 24
July 23 Group	Graduation			Fri 2 Aug 24 6:30pm-8:30pm
	NEW JULY 24 GROUP START			
25/7	Class Plan: Forward Bending	Mel	Y	Y 18 Aug 24
1/8	PRAC LAB: Arm Balancing (NB: No Zoom available for this lecture for safety reasons)	Jenni	N – practical lecture	N
8/8	Adjustments #1	Jenni	Y– same slides for both adjusting lectures	N



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15/8	Spine, Joints & Back Injuries	Martina	Y	N
22/8	PRAC LAB: Cuing & Language	Mel	N – practical lecture	N
29/8	Bandhas	Jenni	Y	N
5/9	PRAC LAB: Twisting Postures & Lateral Flexion	Wendy	N – practical lecture	N
12/9	Muscles Upper Limbs	Jenni	Y – slides	N
19/9	DAY OFF – SEPT HOLIDAYS			
26/9	Yoga Sutras of Patanjali	Jaymala	Y	N
3/10	Adjustments #2	Jenni	Y – same slides for both adjusting lectures	N
10/10	Digestive and Immune Systems	Mel	Y	N
17/10	PRAC LAB: Forward & Backbending Poses	Wendy	N – practical lecture	N
24/10	Yin Yoga	Beata	Y	Y 10 Nov 24
31/10	Yoga History	Jaymala	Y	N
7/11	Trauma Informed Yoga	Beata	Y	N
14/11	PRAC LAB: Standing and Balancing Postures	Wendy	Y	N
21/11	Bhagavad Gita and the Upanishads	Jaymala	Y	N
28/11	Teaching Skills Practice	Mel	N – you will be assigned poses to teach the class	Y
5/12	Sanskrit and Chanting	Jaymala	Y	N
12/12	Yoga Business	Mel	Y	N
Feb 24 Group	ASSESSMENTS DUE Teaching Rounds (outside of lecture time) Presentations x 5 Participation x 5			8 Dec 24
Feb 24 Group	ATTENDANCE REQUIRED Must have attended the Ethics lecture during the year			8 Dec 24
Feb 24 Group	ASSESSMENTS DUE Class Observations x 20			12 Jan 25
Feb 24 Group	ASSESSMENTS DUE ALL outstanding assignments handed in (or not marked)			12 Jan 25



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Feb 24 Group	Graduation			Sat 1 Feb 10am-12pm
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Lecturer Contact List

Beata Heymann, 0466 918 428, beataheymann@gmail.com

Jaymala Sharma, 0450 591 196, jaymalasharma24@gmail.com

Jenni Morrison-Jack, 0424 827 454, ihanayoga@gmail.com

Martina Egan-Moog, 0459 560 753. martina.egan.moog@gmail.com

Melanie Mackintosh, 0413 298 132, melanie@australianyogaacademy.com

Nickie Hanley, 0401 327 727, nickiehanley@hotmail.com

Wendy Praud, 0404 918 511, wendy@australianyogaacademy.com